

ANNUAL NARRATIVE REPORT

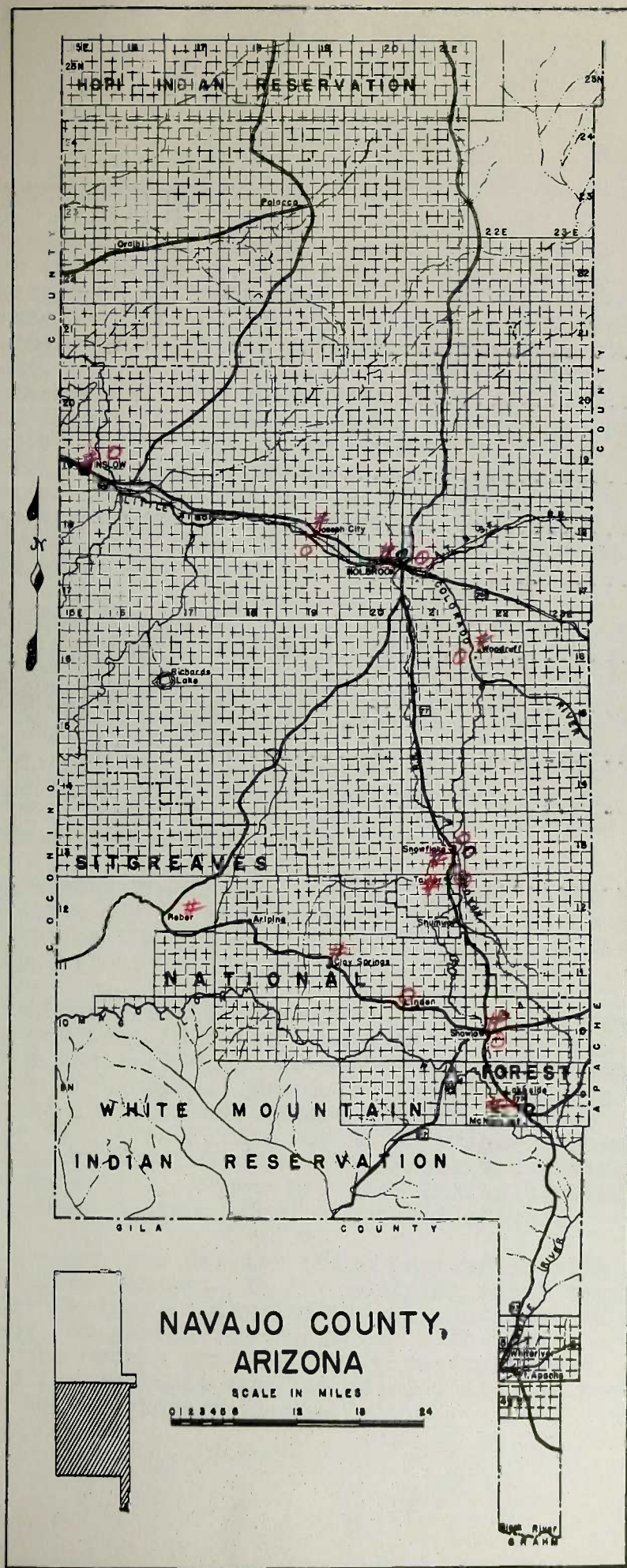
NAVAJO COUNTY  
ARIZONA

Bettie Mead, Home Agent.....December 1, 1957  
to  
May 1, 1958

Betty Hearn, Home Agent.....April 1, 1958  
to  
November 30, 1958

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## COUNTY SITUATION

Navajo County, located in the Northeastern part of Arizona, is approximately 300 miles long and 60 miles wide. It ranges in altitude from 4,500 to 7,000 feet. The climate is pleasant in the summer and fall but cold, damp winters make travel into the rural communities hazardous. Dusty spring weather presents many problems to the homemakers. The southern part of the County is becoming an important summer camping, fishing and hunting area. About 60 per cent of the County is Indian Reservation territory for the Navajo, Apache, and Hopi Tribes. Another large section of the County is government owned as Sitgreaves National Forest. According to the 1950 Census only about 18.6 per cent of the land in the County is privately owned.

Agriculture is the basic industry of the County. Cattle and sheep are the leading products; sheep are chiefly raised by the Navajo on the Reservation. In the Snowflake-Taylor area truck crops are grown, while Joseph City is primarily known as a dairy and poultry headquarters. Sawmills, tourist trade, construction work, railroading, mining, provide employment for the non-agriculture population. Approximately 80 per cent of the farmer population derive a portion of their income from non-agriculture pursuits.

Holbrook, The County seat with a population of 4,000 and Winslow with a population of 8,000 are the shopping centers for the County. Show Low, with its fast growing population, is another important center.

The County is becoming more aware of the necessity for improvement in health and sanitation facilities. There is a sanitary engineer employed by the County and by the City of Winslow. There are four doctors in Winslow and three in Holbrook. There are two dentists in Winslow, one in Holbrook, and one in Snowflake. There is a hospital in Winslow, one in Holbrook and a maternity clinic in Snowflake. There are also Indian Service Hospitals at Keams Canyon, Winslow and Whiteriver.

There are two dairies which pasteurize milk at Joseph City and Taylor. In the outlying rural towns such as Clay Springs, a few individual families own cows, but very few pasteurize their own milk. Many of the families in the County grow their own vegetables in the summer and freeze their surplus using their own home freezers or locker storage plants.

There are small libraries at Show Low, Holbrook and Winslow, sponsored by the PTA, Business and Professional Women's Clubs, and the Woman's Club.

While dominant religion is the Church of Jesus Christ of Latter Day Saints, many other faiths are represented in the County. The Relief Society organization which is the Women's auxiliary has a heavy program throughout the winter months. The summer months are free from church planned programs and provide an excellent time for meetings. The L.D.S. women are so busy with this church work that it is difficult for them to attend meetings outside their own community.



### EXTENSION ORGANIZATION AND PLANNING

Believing the Extension Home Economics subject matter and training of infinite value to homemakers in Navajo County a course of action to involve and inform was begun early in 1958 to be carried through the 1959 year. The course includes:

#### Strengthening the already Existing Adult Program

##### Pinetop Homemaker's Club

Pinetop Homemakers was revived after much personal contact by the Agent. Besides hearing Dr. Campbell, Pinetop Homemakers had requested "Teen Age Entertaining", which was given. They will meet at night on third Thursdays.

In March the Pinetop Homemakers had a very poor attendance at their new meeting time. The Homemakers who set the meeting are about the only ones not attending the show in McNary-Bank Night. To correct this situation, a number of Homemakers were visited, a new date set, and the mailing list doubled.

The April meeting, Restyling Garments, had attendance of four. Pinetop was discontinued for the summer by the Club President, postponing any regularly scheduled meetings until fall but leaving the way open for special interest meetings (possible topics were suggested) and home visit bulletin help. Pinetop is involved all summer in "the tourists".

In November the Agent again visited the Pinetop area to begin to ascertain interest in a Club program. Time was limited so only three contacts with old members were made. However, through Extension publicity in the Show Low library, names of those requesting bulletins in the Pinetop area are on file and these ladies will be contacted in December.

##### Holbrook Homemaker's Club

After personal contacts and two contacts by circular letter, attendance at the "Restyling" meeting for the Holbrook Homemakers' Club was absolutely nil. However, the President, who had been out of town on an emergency trip, felt the group still needed Extension. The Agent suggested the group, which is composed of women past the problems which are usually aided by Extension, might find their value by helping younger women in town to know the program, to help with problems of babysitting, to help analyze community problems.

Holbrook Homemakers' Club, Cont'd.

In November, after a summer of no activity, the President, Mrs. Mabel Hinkson, was again contacted and presented with the idea of the club's selecting from the program for 1959 that which the members felt they could use. She has promised to take this idea, of which she approves, to other members of the group.

Holbrook Homemakers' Club has a peculiar makeup; in earlier days the group was heterogeneous, with varied interests and abilities to make Homemakers' Club a going organization. Of late, however, the group has changed because of drop-outs and moves, to a homogeneous group of older women who resist new members. On the other hand, Holbrook has many young homemakers lately come to town who feel left out of social and activity groups. These are yet another group of mothers and homemakers who will be contacted in 1959, perhaps as an organized group, perhaps as a special interest group.

Snowflake Homemakers' Club

Because of membership of professional home economists and real leaders in the Extension program the Snowflake Homemakers' Club has continued to support and use the Program in 1958. While the club was quiet during the summer a full program is planned for 1959 year. Enlargement of membership will be a 1959 club goal.

Offering the Program on "Special Interest" Basis to other groupsShow Low Area

Mrs. Marks, a home economist in Show Low was contacted to see if she would help start a Homemaker Club in Show Low.

She agreed to invite some of her friends (top Home Economists in the nation) to put on a special demonstration program. This would be the kick-off to interest Show Low in a Homemaker Club although the meeting will be open to all of Navajo County.

Because of the 1957-58 business recession and Mrs. Marks' trip to Japan, this meeting did not materialize!

There was interest in Show Low through the Business and Professional Women's Club to begin a Homemakers' Club. The first meeting of this nucleus group was to be in late June but it was cancelled by Mrs. Armstrong because her new library duties prevented her making the necessary contacts. The Agent supplied her with sample copies of bulletins which have been presented at various training meetings to use as

Show Low Area, Cont'd.

examples of subject matter the women might expect to learn through Extension Service group work.

While there is a group of homemakers met in L.D.S. organization at present it seems special interest meetings and bulletins are the best ways to contact these women.

Meetings are being planned in cooperation with Mrs. Harold Vaughn of the P.T.A. for money management work in 1959. This may be the means of contacting these women outside church groups.

Winslow Area

The Agent visited Mrs. Bob Jenkins, a young home economist-homemaker, to explore a homemaker's club in Winslow. Through-out the talk the idea that people are overly organized already and wish no part of yet another "club" was apparent. The idea of a "pickandchoose" evolved--a loosely knit group without formal organization who would select topics from the program outline, and would set dates to meet their convenience and the calendar of the home Agent. This type of organization, if such it may be called, does present problems: it involves little leader training except on the part of people like Mr. Jenkins who would spearhead the getting together of the group, but a little is better than none at all, which is the present situation. It gives little opportunity for community projects which homemakers' clubs have carried so ably; but perhaps as these young mothers become acquainted and feel more at ease with the program, there will be natural situations in which the group will be ready to undertake community project suggestions. It would seem the establishing of an Advisory committee can be done as easily with this sort of group as with organized ones. There are two more points in favor of this type of work; women come because they want to satisfy a real need, not because they feel they must be loyal to the home agent. The agent, on the other hand, does not feel tied to a group and bound to present a monthly lesson, come what may.

Mrs. Jenkins was informed of program for 1959, and she is contacting friends to discuss the program with them.

Informing Church Groups of the Program to Set up Demonstration Dates on a Yearly Basis

A letter outlining program and setting a home visit schedule was sent to LDS Presidents and work directors; because of hunting season, during which a surprising number of people are gone for two weeks, October dates had to be moved into November.



Informing Church Groups, Cont'd.

In November eleven conferences were held with LDS Relief Society Presidents and Work Directors to give them an outline of the 1959 program, topics, methods of presentation and time when meetings will be available. This procedure seems to have "hit the spot" as leaders have received the topics enthusiastically and have made either definite or tentative dates for subject matter work. The Church program is so closely regimented these leaders must know long in advance of available material to be able to include it in the program.

To Publicize the Full Program Through All Available MediaNewsletter

A county-wide newsletter was started in February to be sent to eight hundred and seventy-seven homemakers. A request for an address-o-graph was made; it was received and ready for use in late summer. It has greatly facilitated office routine.

The second county-wide Newsletter was sent to homemakers in July. Major emphasis was placed on farm and home safety and on County Fair preparation. Meetings for August were publicized.

Beyond a doubt, the Newsletter must be made an informative, useful piece of work, not only because it carries the Extension program into the home, but also because of the time and effort involved in reproducing, assembling and mailing such an effort. As a test of the real interest of the homemakers in the county in the Extension program the Agent publicized the excellent new Beef and Yeast Bread bulletins in the Newsletter asking the reader to drop a postcard in the mail to request the bulletins. In all there were 55 replies to the offer. These names are on file and will be sources of contact with interested homemakers in the future. While no adult Newsletter was done in August, it was gratifying to have local homemakers comment on the past copies and express interest in the subject matter therein. Several meetings for the month of September in the "Freezing Clinic" were scheduled through the offer to come to new groups with the material. Local leaders who thought "you can't come out this far" into such localities as Heber were very happy to schedule September meetings after reading the Newsletter and the local paper.

The November Newsletter, devoted primarily to the 1959 program of work, went to all homemakers accompanied by the interest survey sent only to random sampling. This survey will help to determine homemakers' interest in the newsletter. If response is poor, it may be necessary to change the format of the letter or to change the method of publicity approach. The Agent feels the letter is an excellent way to reach county-wide homemakers, so is hopeful

### Newsletter, Cont'd.

regarding response to this method of ascertaining interest. Replies received in late November point to interest in recipes; perhaps this can be done through such a heading as "Your Favorite Menu" or "My Family's Favorite Dish" or similar title to invite homemakers to participate in the Newsletter.

### Bulletin Display Board

Because there seems to be so little knowledge of just what Extension is and what it can do for the homemaker and for all County residents, several days have been devoted to refurbishing existing display materials to be placed in strategic spots throughout the county.

A large folding bulletin board displaying new and interesting bulletins both of agricultural and home economics interest, is among these display items. This board states the bulletins and the address and telephone number of the County Extension office. The board is displayed in Show Low for two months during the summer and is in the Winslow Library during the fall months.

### Newspapers-Radio

Cooperation from both newspaper and radio have been excellent. Meeting notices sent by both the Agents and members of Extension groups receive prompt attention.

Subject matter releases from the University information office are published often; localized releases are always published. Several score cards used in Fair judging were published to contribute to the educational value of that event.

Office Upgrading

During 1958 the Agent worked to organize county office files of the Home Economics section, both subject matter and organization. The subject matter was quite outdated and often repetitious. A policy of office upgrading undertaken for the future includes adding newer, more pertinent material to files for quick, accurate reference in reply to phone calls and letters.

In the office during August a complete inventory of home economics equipment was taken to be submitted to the State Office. Equipment for planning lessons and demonstrations was classified and stored for more ready reference during the year. It is so arranged in the storage closets as to make next year's inventory more easily checked.

New texts, Clothing Construction, by Mansfield, and Management in the Home by Gilbreth, et al, were added to the office references.

Handsome peg board display spaces were completed in 1958 for convenience in showing and distributing bulletins.

Plans for more attractive office drapes were made late in the year; materials were assembled in November for drapes to be constructed in December. Details of this project are in the Home Furnishings section.

1959 Program

The three-day Agents' Conference in June presented a variety of ways to meet what is a most pressing problem--- planning a representative, up-to-date year's program which is founded on local needs and which will have continuity with programs for following years. All this to be coordinated with a growing 4-H Club program into a workable, liveable schedule--really a challenge!

Thinking of those points most necessary to build the program and serve the people this basic outline developed:

1. Monthly Publicity--through newspapers, newsletter and radio to give county-wide coverage to the program.
2. Contacts--To use the community survey guide to make contacts throughout the county; to establish relations with professional cooperators; to tell the Extension story to special interest groups; to better know the needs of the communities; to work toward establishing Homemakers groups.

1959 Program, Cont'd.

3. Subject Matter--A series of about six outstanding demonstrations, with leeway allowed for more as interest indicates. These would be presented to the Homemakers' Clubs and to special interest groups upon request.

Definite plans for the 1959 program were solidified in October. Because no Advisory Council or similar group exists as yet in the County, the Agent, through personal visits, observation, and analysis of past and present programs, selected the topics for the 1959 year. The establishment of such a Council and the involvement of more homemakers in the planning is a prime objective for 1959.

After analysis of the county picture and establishment of over-all and subject matter goals, a two-faceted picture for 1959 developed:

<u>Subject Matter</u>	<u>Homemaker</u>
Better Laundry Techniques	Home visits--Conferences
Better Food Buymanship	County-Wide Advisory
Buying and Constructing Children's Clothing	Council
One Dish Meals	County Interests--Needs Survey
Special Interest Topics from the 1958 Program Which Only a Few Groups had an opportunity to use	Better Newsletter Contact
Freezer Clinics	Greater Acquaintance with and Use of the Program
Pressure Cooker Testing Clinics	
Restyling Garments	
Paints for Indoor Use	
Debts and Troubles	

Leadership Training

The Agent spent one day helping local leaders plan three adult demonstrations, reported to be of excellent quality, which were given by LDS leaders who are members of Homemakers' Clubs. Two of the demonstrations were given at a Stake-Wide day-long meeting, the other demonstration at a clothing work meeting. "Easy Sewing Skills", "Stay Stitching" and "Pressing Equipment" bulletins were distributed as a part of the demonstrations. Approximately ten women have made it a point to tell the Agent or the Extension Secretary, Mrs. Gerwitz, their appreciation of having the materials made available to them, and their high opinion of the Homemakers who gave the demonstrations.



Leadership Training, Cont'd.

The Agent helped Mrs. B. R. Smith of Winslow, plan a shortened version of the Restyling Garments meeting. She took illustrative material, bulletins and program to a group in Cottonwood early in September. She reported sixty-six attendance and high interest in the subject and in the Restyling Bulletin.

Cooperation with Other Agencies

While most cooperative efforts have been in 4-H in 1958 there has been a gratifying sharing of literature, experience and advice with home economists in schools, Indian Service, and Public Service. Working toward greater sharing of adult material is included in the 1959 program.

## FOODS AND NUTRITION

### Teen Age Entertaining

"Teen Age Entertaining", a demonstration developed from the 1956 Program Planning Day, helped mothers encourage their children to come home after a show for refreshment rather than to drive to some other town. Miss June Gibbs planned with the Home Agent for this demonstration. It was suggested that 'teen-agers have a food shelf of their own to plan, buy and prepare their own party food.

### Turkey Dinner

Holbrook Homemakers had a "result demonstration" when they prepared their once-a-year Turkey dinner for their husbands.

### Meals From The Freezer

"Meals From The Freezer" was the subject of a demonstration given to Homemaker Clubs. The Home Agent used the Federal bulletin as well as Miss Gibbs' bulletin, "Short Notice Meals From The Freezer". The Glazed Ham Surprises were packaged as well as cooked and sampled.

### Pressure Clinics

Eleven pressure cookers were tested at the Lakeside Relief Society; thirteen were tested in the Show Low area. The Agent compared 2 types of testing devices - the hand pump and the air bell. Neither is completely perfect and she recommends research into a better piece of equipment for this purpose.

### Freezer Clinics

Because an ever increasing number of homemakers have freezers and need help to care for them and to use them most economically, a series of freezer clinics were planned. Major problems include: what foods to freeze, what packaging materials to use, and what techniques to use with specific foods.

A two-day freezer refresher session was presented by Nutrition Specialist, June Gibbs.

Freezer Clinics Cont'd

Many new methods of wrapping and storing have been developed recently; Arizona presents some special problems in storage of foods. Miss Gibbs helped us assemble a kit of illustrative materials for presenting a clinic in our own counties. She gave us suggestions for basic texts on freezing to be added to our county libraries.

Our second day gave us an opportunity to prepare, with special emphasis on attractive service, the foods we had frozen the preceeding day.

The Agent outlined the meetings as follows:

- I When and how is a freezer worthwhile?
  - a. Turnover and its financial implications\*
  - b. Availability of produces to be frozen.
  - c. Quality of products to be frozen.
  - d. Family size and living pattern.
  - e. Commercial facilities.
- II Packaging materials
  - a. Criteria of good packaging material\*
  - b. Analysis of generally available and locally available types (no brand names) in regard to criteria.
  - c. Competitive pricing illustrated.
  - d. Emphasis on "no perfect packaging material".
- III Basic techniques
  - a. Fruit--peaches packed in plastic freezer boxes and freezer jars
    - 1. Use of antioxidant for easily darkening fruits\*
    - 2. Types of packs--dry sugar and syrup\*
    - 3. Peeling techniques
    - 4. Use of wax paper filler to hold fruit below surface.
  - b. Vegetables - corn packed in polyethylene in paper freezer boxes.
    - 1. Blanching process stressing altitude correction\*
    - 2. Protection of bone ends with Saran or other wrap\*
    - 3. Drug store wrap\*

\* are points of special interest to homemakers as new or controversial information.

Freezer Clinics Cont'd.

- IV Practical experience for homemakers--those present wrapped individual dinner rolls in foil, which is generally available locally when no other freezer wrap might be available; to do a drug store wrap and to use freezer tape in the recommended fashion.

Homemakers received "Quick Meals From The Freezer", the bulletin developed for the freezer lesson early in 1958. Thus the bulletin did double duty for those who missed that earlier meeting. The U.S.D.A. bulletin, Home Freezing of Fruits and Vegetables was distributed as lesson literature.

A total attendance of 126 for the 6 freezer clinics shows the tremendous interest of Navajo County Home-makers in the subject. Even among the LDS groups, famed for their skill in canning, emphasis is swinging from canning to freezing--certainly a sign of the times.

One-Dish Meals

Much to the Agent's surprise, after deciding the meeting scheduled very tentatively for One-Dish Meals had been cancelled, it was publicized and the ladies decided to hold the meeting the day the Agent had promised to be in St. Johns to judge the Fair. So, with two strikes against the meeting--lack of planning time and not being able to actually attend the meeting--the Agent used the information already sent by Miss Gibbs to assemble a letter outlining nutrition nationwide. A score card was developed for one-dish meals for the home-makers to use in judging the dishes brought in for the lesson. The recipes for Arizona Stew and for the Tuna Salad were prepared for distribution with an explanation of the dishes. To help homemakers determine the value of products the bulletin, Family Fare, was distributed with instructions to use the chart on page 11 to roughly analyze the dishes. This material was left with the leader, Mrs. Adams after discussion of the outline of the lesson; she later reported enthusiastic approval of the lesson and ease of using the score cards.

Because the lesson was so well received and because one-dish meals fit so well into nationwide needs for less expensive time saving meals, more work on this lesson is planned for 1959. The homemakers are to be complimented on their recognizing the need for work in this area.



## FAMILY FINANCES.

### Making Money More Valuable

Dr. George Campbell presented "Making Money More Valuable" to the Snowflake Stake, Holbrook Homemakers, and Pinetop Homemakers.

### Debts and Troubles

Even as a Home Economist, the Agent found herself doing real studying for a short meeting, "Debts And Troubles", given to an LDS Relief Society meeting in Taylor. Certainly money management is a new and relatively unexplored field for both the Home Economist and the Homemakers; it is such a challenge in both subject matter and in treatment of the subject to be informative, yet impartial and unprejudiced.

### Children; their Money

In reply to the Agent's request, Miss Bess Stinson, First National Bank of Phoenix, graciously replied offering to come to the county with any or all of her money management series. At present the Agent is working with the area director of P.T.A., Mrs. Harold Vaughn of Show Low, to determine the best ways to present the topic this winter to include P.T.A., Homemakers and other interested people.

## HOME FURNISHINGS AND EQUIPMENT

### Color in The Home

"Color In The Home" was given to the Lakeside Relief Society. An opaque projector, was borrowed from the Joseph City School; since the meeting was a night one, the colors showed up well. Twenty-nine women attended the meeting.

### Office Draperies

In August, with the approval of the County Agent, Mrs. Gerwitz, the Extension Stenographer and the Agent worked together to plan the selection of fabrics and rods for new drapes for the county office--a sorely needed project!

A neutral Osnaburg cloth, easy to clean, firm in body and true in character to the construction of the office, was selected. Hardware will be rods and clip-on brass rings; these will be placed in such a manner as to make the windows look wider and to permit them to be opened.

While this is directly a lesson presented to a homemakers' group, it is a valuable lesson in applied home furnishing. It is the Agent's belief, that a home economist's ability to instill confidence in the homemaker to ask questions and to seek help are directly related to the appearance of her office surroundings and her personal appearance. Therefore the Agent hopes this step in office upgrading--the creation of an attractive place to visit the Home-Agent and the County Agent to ask questions and receive information--will be a step forward.

### Paints For Indoor Use

The Agent had a special conference with Miss Grace Ryan to begin plans for a meeting on "Paints For The Home" to be given in the fall.

The meeting was given to the Junior and Senior Women's Clubs of Holbrook in September.

"Paints" cont'd

Major emphasis was placed on:

- A. Types of paints now available
- B. Modern tools for easier painting

We spent a part of the lesson comparing the paint formula on labels, prices, color ranges and suggestions for use,

While many technical terms are used in formulae, stress was put on those words which mean good covering and the best adhesion. Homemakers expressed need to have products more clearly labeled, especially among the "latex" types.

Cooperation of local merchants was excellent; they either gave or loaned types of paints so the group could study labels carefully. They also loaned their newest types of rollers for examination and made up a complete group of qualities of brushes for the homemakers to compare.

Home Furnishings

Also in the field of home furnishings - home planning what may well be a real contribution to the welfare of many Holbrook-centered Navajo Indian people was begun in cooperation with the local BIA office.

Mr. Stanley Bartos, BIA Agent, is attempting to help off-reservation Indians better their standard of living in Holbrook. The location of decent living quarters is a problem for these people both because of scarcity of quarters and because of local prejudice. There are now tribal funds available for FHA-like loans to eligible people; Mr. Bartos is helping these people plan homes for mortgage approval. The County Agent and the Home Agent have met with a group of local Navajos, tribal representatives and BIA personnel to acquaint them with local facilities and with specific aids for home planning, building and landscaping. Plans for this project carry through into 1959.

## CLOTHING & TEXTILES

### Tailoring

At the December meeting of the Snowflake Homemakers, Mr. V. P. Richards, of the Holbrook Tribune, took pictures of those present from Miss Church's Tailoring Class.

### Restyling Garments

Restyling Garments was a subject selected for the 1958 Clothing Program. Miss Helen Church, Clothing Specialist, assisted the Home Agent in preparing for these meetings.

This is a fascinating topic which gives women a chance to make something from nothing and to use their creative talents to the fullest extent. It is a two-lesson series of meetings, the first devoted to the why's of restyling garments with emphasis on current style trends and quick and easy methods of doing minor restyling; especially the styling, cutting and insertion of an underarm gusset. Large families, limited income and limited shopping facilities made this a popular subject.

This is an excellent demonstration because it is adaptable to specific groups, with emphasis on either women's clothes or children's clothes according to the composition of the group.

A demonstration was held in Winslow in July. In the group were Stake Work Supervisors, Mrs. Brinton and Mrs. Randall, from Flagstaff. These leaders were very interested in the subject matter and made inquiries about having similar meetings in Coconino County; the Extension set-up was explained and suggestion made they contact Marion Badgley. Later Mrs. B. R. Smith took the Winslow meeting to a group in Cottonwood.

Upon request the Agent assembled and wrote detailed instructions regarding the "Restyling" meeting to send to Mrs. Latham in Greenlee County, for use in her program.

The demonstration proved its value to local homemakers; as evidenced by their comments and application of techniques taught. It led to Childrens' Clothing Construction and Buying, being included in the 1959 program of work as a follow-up to expressed needs and interests.

In all 48 homemakers in six communities attended Restyling meetings.



## CLOTHING

### Stain Removal

As a special interest request the Agent gave a short demonstration on stain removal to an LDS group in Show Low. Emphasis was on treatment while the stain is fresh, simple treatment and careful treatment. When and how to consult the professional dry cleaner was also included. The fact was stressed that while there is no universal solvent to take care of all dry cleaning problems, the average homemaker can, at relatively small cost, equip herself with a simple chemical and non-chemical solvent kit which will take care of most stain removal problems.

### Foundation Garments

Because of time and distance problems it was decided to cancel the "Foundation Garments" meeting in favor of a Clothing Buying topic for fall clothing demonstrations.

The Foundation Garments meeting will be included another year.

## COMMUNITY DEVELOPMENT

### City Library

Library Planning was done at an Executive Committee meeting of the Jr. and Sr. Woman's Clubs. Holbrook Homemakers plan to help with the Library Tea and will consider making over drapes which have been donated. The open-house tea has been postponed until the library is finished. One delay was due to a problem in securing title to the new property. Miss Jean Stewart, Chairman of the Arizona Library Week Committee, wrote Mrs. Ida Mae Owens, President of the Sr. Woman's Club, a letter of congratulations for starting the Holbrook Library. The Senior Woman's Club donated \$1000 and involved all other Holbrook organizations. The Junior Woman's Club donated \$200 to the library. The Woman's Clubs entered a contest for the best Community service; while they did not win, nevertheless, the establishment of a library is truly a beneficial community service which the citizens of Holbrook will appreciate through the years.

### Navajo County Fair

The Fair was a hectic experience showing what lack of organization and preplanning can do to bring about confusion and disorder. It is indeed sad to see a project such as the Fair, which could be such a valuable educational event for the whole county, allowed for so many years to go on without clear delegation of authority among those involved. The policy of "letting somebody else do it" can work in a small Fair, but this year's surprising attendance and participation already indicate the need for organized administration and participation by the various superintendents involved. A meeting is planned for November to involve these people while memories are fresh to set policy for next fall.

It will be recommended that the adult Supervisor be given leave to work with the Agent to ask for help from women all over the county to give a feeling of county-wide participation.

The adult Home Economics division was helped this year by the addition of two more racks for displaying rugs and quilts and pipe racks attached to overhead beams for storage of garments during the judging. The new slope tables work well for display of handicraft articles; the tables used for judging can be quite effectively used for display, especially if a brick is placed under each far leg to tilt the table.

Navajo County Fair, Cont'd.

Foods were displayed on shelves in glass fronted cases; it will be imperative next year to have smaller square paper plates on which to display candies and such small items to save shelf space. The cabinets are really good storage in themselves, but we need more of the same.

Apache County Fair

Mrs. Tanner and the Home Agent worked together for the most part and had an interested audience throughout the work. Scorecards were kept conspicuously at hand affording the opportunity to refer questioners to them several times. The Home Agent judged candy alone and found much of it of poor quality; candy making is a big part of social functions of local groups in the two counties and perhaps it would be well to spend some time in project work on candy making and candy enriching. Much could be taught about sugar cookery in general and the addition of nutritious nuts, cereals and fruits in particular. An excellent nutrition program was recalled which began with migrant groups by teaching them to make candy and cookies (their first request of the Home Agent) from truly nutritious recipes.

Country Life Conference

After her first experience with the fine quality of subject matter material presented at Country Life Conference, The Agent will attempt better publicity and more encouragement to local women to attend in 1959. This year attendance was doubly handicapped by the Agent's not knowing local women and by an LDS conflict which kept many 4-H leaders as well as Homemakers from attending either conference. Already 1959 dates have been published and brought to the attention of local Homemakers and BIA personnel so more women should find it possible to attend.

FAMILY LIVING

Christmas Holiday Projects

At the December meeting of the Snowflake Homemakers' Club, Mrs. Betty Heward and the Home Agent gave a combination demonstration with Mrs. Heward giving "Wrapping Christmas Gifts"- Miss Mead gave "Christmas Decorations."



**Annual Narrative Report, 1958, Navajo County  
HOLBROOK TRIBUNE NEWS  
August 15, 1958**

## **NAVAJO COUNTY "LIKE HOME" TO NEW COUNTY HOME AGENT**

Commenting upon Holbrook and Navajo County, Mrs. Betty Hearn said this week, "It's just like home!" She is a native of southern Idaho, and has just been appointed full-time Home Agent for the county. She has held the assignment as Home Agent-at-large in Navajo County since April 15.

In the four months she has been in the county, she said she has found the work here to be most interesting and certainly full of challenge. She has assumed both the adult Homemakers program and the county-wide 4-H Clubs activities.

Mrs. Hearn holds a bachelor of arts degree in Home Economics from Colorado State College, Greeley, and did graduate work in clothing and textiles at Oregon State College, Corvallis.

A varied background, including three years of public school teaching, and a year of work with the H. J. Heinz Co. as food analyst, preceded her employment with the Agricultural Extension Service. She worked exclusively in 4-H Club work organization and administration in California for more than a year before coming to Arizona and Navajo County.



**BETTY HEARN**

## Annual Narrative Report, 1958, Navajo County

HOLBROOK TRIBUNE NEWS

August 15, 1958

## Homemakers Given Score-card For Preparing Exhibits For County Fair

With the annual Navajo County Fair Premium List on the presses this weekend, a score-card for homemakers has been prepared this week to assist them in preparing exhibits and entries in this year's county fair scheduled for Sept. 12, 13, and 14, by County Home Agent Betty Hearn. Other "score-cards" will be printed weekly until fairtime, Mrs. Hearn said.

### GUIDE FOR CAKES WITH FAT

With, or Without Frosting

**OUTSIDE** — Even thickness flat or slightly rounded top; light in weight in proportion to size; **SURFACE UNFROSTED**: Smooth fine-grained surface, uniform golden brown or characteristic of cake. **SURFACE FROSTED**: frosting creamy, moist, free from stickiness, crystals, or crustiness. Flavor characteristic of kind, delicate and pleasing in combination with cake. Method of spreading frost and color, suitable to the kind of cake and frosting.

**INSIDE** — Slightly moist and tender crumb; velvety, fine, small holes evenly distributed. Springs back when touched, does not crumble when cut, color uniform and characteristic of kind of cake.

**TASTE**—Delicate, sweet, well-blended flavor, no taste of baking powder, soda, or fat.

If your cake has humps, or crocks on top, it is because too much flour was used, had too much mixing, or the oven was too hot at the beginning of baking.

If your cake has a hard dry crust, it is because you used too much flour, baking temperature was too high, or you used too little sugar.

If your cake has a sticky crust, it is because you used too much sugar or it is under-baked.

If your cake has fallen, it is because you used too much flour or it was over-mixed.

too much fat or sugar, had too much leavening, was under-baked, or was not sufficiently mixed.

If your cake is too pale it is because you used too little fat or sugar, too much leavening, baking temperature was too low, or it was over-mixed.

If your cake is heavy and compact, it is because you used too much fat or sugar, too much leavening, too much flour, too little leavening, was over-mixed, baked at too high temperature, or is under-baked.

If your cake is crumbly, it is because you used too much fat or sugar, used too much leavening, or the baking temperature was too low.

If your cake has a soggy layer at the bottom, it is because you used too much liquid, baked at too low temperature, or it was over- or under-mixed.

If your cake has a coarse grain it is because of under-mixing, too much leavening or liquid, temperature was too low, or you used too little sugar.

If your cake has a dry crumb, it is because you used too little fat or liquid, used too much leavening, egg-white over-beaten, or it was baked too long.

If your cake has a tough crumb, it is because you used too little fat or sugar, over-mixed it, baked at too high temperature, or you used too much flour.

If your cake has tunnels, it is because you used too much flour or it was over-mixed.

## Homemakers Meet In Snowflake Dec. 9 For Exhibition

Arrangements started three years ago reached culmination Monday this week when a group of homemakers from Snowflake and Show Low gathered in the Relief Society Room in Snowflake to display their work in a tailoring class set up by Miss Helen Church, clothing specialist from the extension service of the University of Arizona.

Homemakers were promised the class if they met certain prerequisites, and when they had done so, the class was organized, and the training given. Monday they gathered to show the results of their work. Pictures were taken of the members present, wearing their handiwork, and will be printed later.

During the meeting, a guest, Mrs. Betty Heward, gave a demonstration on "Wrapping Christmas Gifts", and Miss Bettie Mead, county home agent, instructed in "Christmas Decorations."

Members present included Mrs. Marge Hunt, pink suit; Mrs. Adele Ballard, aqua coat; Mrs. Marvel Smith, green suit; Mrs. Hazel Hakes, rose coat; Mrs. Selma Ballard, grey coat for her daughter; Mrs. Gwen Johnson, tan suit, and Miss Mead, purple suit.

Members not present Monday included Mrs. Annette Stratton, purple suit; Mrs. Myrl Whipple, grey suit; Mrs. Anna Gardner, coat; and Mrs. Geraldine Willis, black and white tweed coats for her two children. Miss Church was also absent with her green suit, used in demonstrations and later finished.

Others attending the meeting were Mrs. Luella Webb, Mrs. Phyllis Peterson, Mrs. June Hatch, and Mrs. Frances Shumway.



Pictured above are the eight Homemakers in Snowflake and Show Low who gathered Monday, Dec. 9, to display dresses and coats they had made at the conclusion of a tailoring Class conducted by Miss Helen Church, clothing specialist of the University of Arizona Extension Service.

From left to right they are Mrs. Adele Ballard, Mrs. Hazel Hakes, Mrs. Velma Smithson, Mrs. Marge Hunt, Miss Barbara Ballard, Miss Bettie Mead, Co. Home Agent, Mrs. Marvel Smith and Mrs. Gwen Johnson.

Front Page, HOLBROOK TRIBUNE NEWS,

December 20, 1957



COOPERATIVE EXTENSION  
IN  
AGRICULTURE AND HOME ECONOMICS  
State of Arizona

University of Arizona  
College of Agriculture  
U. S. Department of Agriculture  
and Navajo County Cooperating

June 9, 1958

Agricultural Extension Service  
Home Demonstration Work  
County Agent Work



Dear Homemaker,

Hello, I have looked forward to talking to each of you through this newsletter. Somehow it seems Navajo County is a very large territory for me to come to meet you individually each month so perhaps this will serve to bridge the gap between the times when we do meet. You know correspondence is a two-way affair so I do hope you will feel free to write or call me or Mr. Amos Underwood, the County Agent, if we can be of help with home-making or Agricultural questions. The Phone Number is 34: our address, County Agricultural Extension Office, Box 428, Holbrook.

#### Where Are We Going?

June 2-6 will see the final product of Country Life Planning - a Conference which will give us all a chance to know one another better and to and to share the educational facilities of the U. of A.

July is the tentative month for the "Paints For Indoor Use" meetings. Because of short staff problems the Red Cross cannot promise the Home Nursing Meetings originally scheduled for July. More of this later.

Several "Freezer Clinics" are being planned for August. Would your group like to make a date for such a meeting?

#### Where Have We Been?

During the past month, the two lessons on "Restyling Garments" have been given to several groups in the County.

Planning for Country Life Conference has been in the spotlight this month. The ladies from

Navajo County, a total of 9 largest attendance ever to represent our county were at the Conference.

#### New Products solve old problems

Since the introduction of synthetic fabrics those of us living in dry, windy areas have been especially bothered by static electricity-the skirt that clings, the hem lines that seem to attract dirt, the sweater that "pills". Several Snowflake Homemakers brought up this problem at a "Restyling" meeting; in answer to their questions, Miss Helen Church U. of A. Clothing Specialist, makes these suggestions regarding the use of anti-static preparations: "there are several on the market that can be used when you launder fabrics. They are rather expensive since they must be used with each laundry.

On the market you will find the new fabric softeners that will decrease static electricity in synthetics. I think you will find that they are a little less expensive to use, but of course, add to your laundry costs. The commercial names for two of them are Sta-Puf and Nu-Soft. You can purchase these in most grocery stores. None of them lasts too long and must be used with each laundry.

Cotton blends with synthetic helps to solve the static electricity problem. A cotton slip worn with 100% synthetic garment decreases static electricity too.

It is believed that pilling on orlon sweaters is partially due to static electricity. Laundering them with the fabric softener in the last rinse will aid in keeping the sweater from pilling."

\*\*\*\*\*



"Make It Yourself With Wool"  
Home Sewing Contest

Teen-age seamstresses and young homemakers 13 through 22, (as of Dec. 1958) have the opportunity to participate in the 12 annual "Make It Yourself With Wool" home sewing contest sponsored by the women's auxiliary of the National Wool Growers Association and the Wool Bureau, Inc. All garments must be made of 100 per cent wool except for coat and suit linings and inter-facings. Original designs or commercial patterns may be used. All work on the garment must be entirely that of the contestant. Girls in the Sub-Deb class (13-16) may enter a skirt, jumper or vest and skirt; those who enter either the Junior (14-17) or Senior (18-22) classes may enter a suit, a dress, a coat or an ensemble.

Prizes include trips to fashion centers in this country and abroad, sewing machines, sewing equipment, scholarships and many other awards. District and State finals will be held in October so now is the time to begin to plan. Further information and entry blanks will be available in the County Extension Office.

4-H Leaders: "Make It Yourself With Wool" posters are available for your club meetings.

National Crochet Contest News

It is a disappointment to learn that the Nationwide Crochet Contest sponsored by the National Needlecraft Bureau, Inc. in which so many homemakers in Navajo County have taken part during past years is being discontinued, at least for 1958.

A complete list of national winners for 1957 is available in the County Extension Office.

From Shirts to Snandragons:

New bulletins now available upon request are:

When You Buy A Sport Shirt,  
U. of A. Folder No. 72

Making Shirts For Men of the  
Family, U. of A. Circular 229

Planting and Pruning Roses  
Circular No. 237

Flowers for Northern Arizona  
Circular 242

Arizona Home Gardening  
Circular 130

Home Freezing of Fruits and  
Vegetables, U.S.D.A.  
Bulletin No. 10

\*\*\*\*\*  
\* Coming Next Month \*  
\* \* \* \* \*  
\* A new Beef Buying and Cooking \*  
\* Bulletin, to help you with year- \*  
\* round meal planning for better \*  
\* family health. \*  
\* \* \* \* \*  
\*\*\*\*\*



JUNE 26, 7:30 P.M.

THE SECOND MEETING OF THE COUNTY  
LEADER'S COUNCIL.

JUNE 14

Tentative plans call for leaders, parents and members to meet in the Show Low Community Park between 10:00 and 11:00 A.M., Saturday morning June 14. The day will include an opening assembly, games and sports, a barbecue lunch, crafts and a closing campfire ceremony. These activities will be handled by members and leaders from several clubs.

The day will give County leaders and members an opportunity for wholesome recreation, a chance to know one another better, and a chance to learn more about 4-H.

Miss Sarah Harman, Ass't State 4-H Club Leader, will be present to help us further develop plans for the strengthening of our County 4-H Program. County Officers will be elected at this meeting.

Sincerely,

*Betty Hearn*

Betty Hearn  
Assistant Home Agent

BH/eg

850 c.  
Mailed under stamp



COOPERATIVE EXTENSION WORK  
IN  
AGRICULTURE AND HOME ECONOMICS  
State of Arizona  
Holbrook

University of Arizona  
College of Agriculture  
U. S. Department of Agriculture  
and Navajo County Cooperating

July 30, 1958

Agricultural Extension Service  
Home Demonstration Work  
County Agent Work



Dear Homemaker:

It is good to be talking to you again after a month's time during which no newsletter was written. The primary reason for this is that I found my schedule very full of 4-H activities. You have no doubt noticed the thorough reporting of local and county-wide 4-H activities in your local paper.

By the way, do your children belong to a 4-H club? They are eligible for membership if they are between the ages of 10 & 21. New clubs will be formed and old clubs will reorganize Oct. 1, now is the time to begin to think about joining. Now is also the time to ask yourself if you could serve as a 4-H Club leader. Don't ask yourself if you have the time, for none of us has that precious commodity anymore, but do ask yourself if you like boys and girls and if you are interested in seeing them grow into fine young men and women? If your answer is "yes", 4-H leadership can be the way you contribute materially to the development of a better community and nation. Training meetings for leaders will be a definite part of my fall schedule; 4-H leaders need not be professional Home Economists or Agriculturalists, but they must like boys and girls and be interested in their welfare.

#### WHERE ARE WE GOING?

Better freezing methods will be in the spotlight in August. Now is the time to begin to store fresh fruits and vegetables for winter use; unless that storing is done properly the only result is wasted food and wasted energy. So plan to attend one of the meetings listed below or contact me to schedule such a meeting for your group. The calendar for the month of August is still relatively free so make your requests soon.

Snowflake, First Ward--  
August 14, 1:30 p.m.

Second Ward--  
August 12, 3:00 p.m.

Woodruff, LDS Church  
August 20, 2:30 p.m.

While most of our time will be spent talking about freezing wrap materials and methods of wrapping for maximum protection of food, please bring any special freezing problems or questions you may have.



#### DID YOU KNOW -

You are undoubtedly aware through radio and newspaper publicity that this is farm and home safety month, of course, as a homemaker you are always on the alert to the ever-present dangers which are a part of our everyday life. One of those dangers is that of poisoning; the ARIZONA PUBLIC HEALTH NEWS tells us that about 2500 people in the U. S. are killed each year by poisoning; for each death from 100 to 150 people are made ill temporarily or for life by poisons. As you may suspect, three-fourths of these people are children under five years of age.

A part of this problem is due to the lack of information concerning the toxic potentialities, is



it or is it not poisonous, of many new products which are a part of our daily lives. Labels are often not accurate and do not give proper warnings and antidote instructions so even doctors are handicapped.

This is a frightening picture, is it not, especially here in our relatively isolated communities? Because of this danger Poison Control Center is set up with Tucson as headquarters to administer a state-wide system of collecting and distributing information about poison content of products and treatment. Each hospital, and our municipal hospital takes part in this program, has an emergency 24 hour contact with the headquarters for information, medication or equipment.

The establishment of such a center does not free each of us from taking proper precautions with all house-hold preparations and medicines--especially with regard to keeping them out of the reach of children, but it is well to know this service is available.

#### FAIR DAYS ARE ON THE WAY



Almost before we know it, the fair will be upon us; Sept 12, 13 and 14 are the dates set and we are beginning already to make plans along with the Fair Board and Mr. John Miller for a bigger and better Navajo County Fair this year.

How about your plans? Do you have that quilt nearly finished? Are you setting aside especially preserved foods for entry? Who will work directly with the fair-all situation certainly do not you will take part this year for we know that without your entry and your interest the fair will be nothing. Once we get to the fair, we all become enthused and interested in the project, but unless we all plan in advance, chores and rewards can be disappointing. So let's plan together now so we can enjoy the fair and all its fun, companionship and education to the fullest.

As a part of that planning premium books (which are now at the printers) will be sent, along with entry sheets, to those of you who have exhibited in the past. If you have never entered before, please contact this office or Mr. John Miller to receive a copy of the premium book which will give full details for entering exhibits.

For smoother running of the day of entry, Sept. 12, we would appreciate very much your returning these entry forms to the county office by Sept. 1. This is a big change in procedure and you will need to help spread the word to your friends and neighbors.

We are all interested in knowing just how and why our products are judged as they are judged at fairs. All judges use a uniform score card listing the good qualities for which they watch in scoring an article.

Through the cooperation of our local newspapers, we will be bringing these score cards to you; watch for these as they are printed and clip them for your own reference. Be your own judge as to the quality of your products.

So, as the 12, 13 and 14 of Sept. approach, let us all remember that this is OUR County Fair. Bring your products to share your ideas and your work with all of us in the County. True enough, not everyone can win a blue ribbon, but the real value of a fair is the taking part and the sharing of a community project such as this. It is a chance to meet friends and neighbors, to work together to show what we have accomplished during the year.

SEE YOU AT THE FAIR ! !

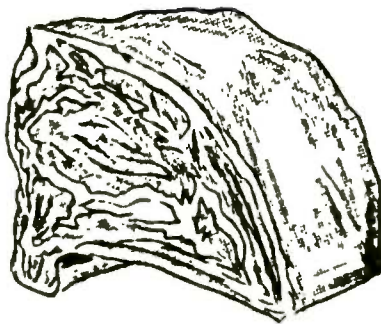
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WOULD YOU LIKE A COPY??

As I promised last newsletter, the new bulletin, "Beef in the Family Menu", is now available. You won't want to miss this attractive new bulletin; Miss June Gibbs, Extension Nutritionist, states the purpose of the bulletin is to help the wise homemaker acquaint herself with all types of beef according to grades, selection of the various cuts and the many methods of beef cookery. This bulletin will help you answer such questions as

When is USDA "Good" beef good to buy?

How can "less tender" cuts of beef be prepared to eat



nutritional needs  
and yet be tasty and  
interesting?

How should meat be  
stored?

What are meat ten-  
derizers and how are  
they used?

Exactly what does  
each of the terms,  
such as braising,  
mean in meat cookery?

What are some good  
menu combinations  
when cooking with  
beef?

We also have a new bulletin,  
"Yeast Breads are Easy to Make",  
which you will surely want to  
add to your recipe and cookery  
information. This bulletin  
appeals especially to me for its  
beautiful section on yeast bread  
specialties such as Swedish rolls,  
cinnamon swirl loaf and many  
others which make one want to be-  
gin to combine flour, yeast and  
other ingredients immediately.  
This bulletin explains through  
pictures and directions so yeast  
breads are really easy!

To get your free copies of either  
or both of these bulletins just  
send a card with your name and  
address to Mrs. Betty Hearn,  
Home Agent, Box 428, Holbrook, Ariz.  
and we will fill your request  
immediately. We'll enjoy hearing  
from you too.

So, this brings me to the end of  
another newsletter chat with you.  
I hope this information has been  
helpful and thought provoking.  
Please do not hesitate to call or  
write if I can be of service to  
you and your friends and neighbors  
with homemaking questions.

Sincerely,

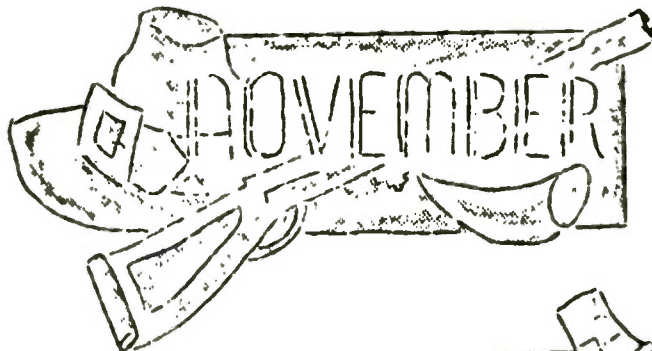
*Betty Hearn*  
Betty Hearn  
Home Agent



COOPERATIVE EXTENSION WORK  
IN  
AGRICULTURE AND HOME ECONOMICS  
State of Arizona  
Holbrook

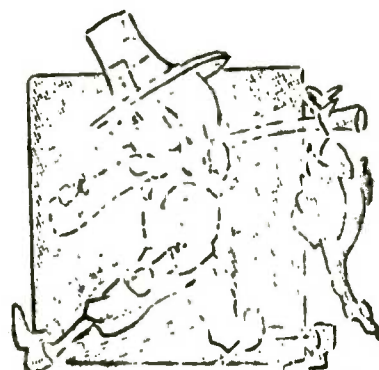
University of Arizona  
College of Agriculture  
U.S. Department of Agriculture  
and Navajo County Cooperating

Agricultural Extension Service  
Home Demonstration Work  
County Agent Work



Dear Homemaker:

Time comes again for the Newsletter. I wish it were possible to send you a letter more often for such new interesting material comes to my desk that I would like to share with you. I always have to prune each month to avoid a "back-length" letter. Beginning this month I schedule definite time for the Newsletter so I hope to be able to be in touch with you monthly hereafter.



LET'S TALK TURKEY!

We are required by law to revise mailing lists yearly. During the next weeks you will have the opportunity in your group meeting to request your name be included on the mailing list for 1959. If your friends would like to receive the Newsletter & the bulletins often accompanying it, please suggest they write me a postcard request.

WOUL'D YOU JOIN US \*\*\*--

In Snowflake, Homemakers Club will meet - Wednesday, Dec. 3, at 1:30 P.M. in the L.D.S. Relief Society Room. Topic - "What Does The Label Say"?

\*\*\*\*\*

?? COOKING FOR A CROWD??

A loan copy of the USDA report, Recipes for Quantity Service, is available for your individual or group use. This excellent reference gives 219 recipes for all types of food from pot roast to fruit punch for 25, 50 and 100 people along with complete preparation directions. Please, call at the County Office to borrow the reference.

A number of you will receive a question sheet this month along with the Newsletter which will help me decide how well you like the Newsletter, what changes you suggest in its content and other questions to help me put into the Newsletter what will be helpful to YOU, as a homemaker. If you do not receive a questionnaire and would like to make a comment or suggestion, I would be most happy to hear from you personally.

??? MORE QUESTIONS ???

In the next three months I will spend much time interviewing homemakers in Navajo County to better know your needs and interests to bring you, through various resources of the Agriculture Extension Service, the Homemaking information you can best use in your home. This survey is based on one presented to women in all parts of the United States. Won't it be interesting to see how our local situation compares to the national? Answers will be printed in the Newsletter.

\*\*\*\*\*



LOOKING AHEAD TO 1959

Recently I worked with Miss Jean Stewart, State Home Agent, to set a program of work for 1959. The way in which program was determined this year was not the best way. Ideally, the home agent and a county wide Advisory Committee should work throughout the year to plan the next year's program while looking critically at the present year's work. Therefore, the establishment of such an Advisory Committee will be a major goal for 1959.

However, it has been necessary to plan subject matter for the year if we are to receive specialists' help. So, from your comments, questions and suggestions certain topics have been selected.

You will see how the work is to be presented - one subject in a three-meeting series, two in a two-meeting series and one in a one-meeting series. You will also see a specific month listed for each of the meetings; this means the organized Homemaker's Club will be studying the lesson during that month; it also means the subject matter will be available upon request anytime after that month. Let us say your group is not a Homemaker's Club, and you would like to study laundry but not in January, February and March, the scheduled months.



You would be able to request the 3 laundry meetings or any one or two of the meetings for dates later in the

year. I hope this arrangement will make the program flexible enough to suit the needs of all groups of homemakers in the county. As the program develops you will be given details of subject matter of each of the meetings in the two-and three-meeting series so you will be able to select those in which you are most interested if your group cannot take a complete series.

\*\*\*\*\*

Following are the topics I hope to be able to present to help you with homemaking problems during the coming year.

#### MODERN HOME LAUNDERING

A series of 3 meetings - Jan., Feb., and March.

We'll work on such problems of New fabrics;  
best use of time and energy in laundering;  
selection and care of equipment;  
selection and use of soaps;  
detergents, starches;  
identification and solution of local water problems;  
and other new laundry information.

#### PAINTS FOR INDCOR USE

A one-meeting series-upon request.

What are the newest types of paints on the market?  
How does one choose the proper paint for different surfaces?  
What do paint labels mean?  
Why is one paint more expensive than another?  
What are the new time and labor-saving painting devices now available?  
How does one select a good brush?

\*\*\*\*\*



## BETTER FOOD BUYING -

A series of 2 meetings-May and June.

We will work to learn better ways to spend the family's food dollar. During these two meetings we'll discover how to buy the best economically and nutritionally. We'll learn about grades, standards and food labels; best uses of least expensive foods; principles of buying "in season".

## ONE DISH MEALS

A one-meeting series - October  
Ladies of the Show Low second ward asked for a special interest meeting on the one-dish meal, the casserole. They were especially interested to see the nutritional value of the dish as well as its appeal. This is such an interesting subject and such a timely one that further work will be done to be presented to you late fall helping you satisfy hearty winter appetites.

## WISE USE OF CREDIT BUYING

A one-meeting series -upon request.  
When is credit buying good use of family money? What are real credit costs? What are reputable sources of credit? What are the meanings of credit words and phrases we read about? How can credit payments be worked into the family budget to insure completion of payments?

## BUYING AND CONSTRUCTING CHILDRENS CLOTHING

A 2 meeting series - July, Aug., Sept., and Oct.

We had a number of meetings together on 1958 with the topic, "Restyling Clothing". You were all so interested in the children's clothing part of the lesson that special work with buying and speed construction of children's clothing is planned for 1959. While only two meetings are planned at present, if you would like to work with tailoring children's clothing, more meetings could be scheduled. We'll talk about new fabrics and finishes, standard sizing, selection of good construction details, alteration

of ready-made's, speed construction techniques, and, if the request merits, simple tailoring techniques. These meetings are scheduled over such a long period of time because of Fair, 4-H Club Roundup and other events which take time from the regular schedule.

## FREEZER CLINICS

A 1 meeting series - upon request  
Many of you, in fact about 142 homemakers, took part in freezer clinics in 1958. Upon request, this meeting will be available to present any new information on freezing techniques or materials.



## PRESSURE COOKER TESTING CLINICS

A 1 meeting series-upon request.  
As in the past I will be happy to work with groups who need to check gauges of pressure cookers remember: it is safest to test about every 2 years) and to learn care of cookers.

This then, is the outline of our year's work. Because about half my time is spent with 4-H Club work, you will agree it is a busy schedule. I have tried to give myself time enough to do a good job presenting subject matter to you and also time to visit you to ask your help and ideas to make our Extension program more valuable to you, Mrs. Homemaker.

\*\*\*\*\*

## FOOD FOR FITNESS • THE BASIC FOUR

In recent years we have read and wondered about the basic four. How does it differ from the basic seven?

Why is it being substituted for the basic seven?

The enclosed leaflet, "Food For Fitness", shows you the basic four in easy-to-understand terms. As the person responsible for your family's health and well being you can quickly and easily see the pattern your family meals should follow each day.

While you are using this guide keep in mind the fact that Americans suffer from shortages of Vitamin A, Vitamin C, and Calcium. How do your family meals measure up to the good nutrition pattern?

## HOLIDAYS ARE ON THE WAY

Look for a special treat; "Arizona Christmas Foods," along with the next copy of the Newsletter - I know you will enjoy this holiday help prepared by Miss June Gibbs, Extension Nutritionist,

Timely bulletins available in the County Office upon request:

"Poultry Cooking"  
 "Poultry Buying Guides for Consumers"  
 "Making Shirts for the Men of the Family"  
 "Homemade Toys"  
 "Christmas Suggestions"  
 "Bulbs for Northern Arizona"

Sincerely,

*Betty Hearn*

Betty Hearn  
 Home Agent



COOPERATIVE EXTENSION WORK  
IN  
AGRICULTURE AND HOME ECONOMICS  
State of Arizona  
Holbrook

University of Arizona  
College of Agriculture  
U.S. Department of Agriculture  
and Navajo County Cooperating

May 19, 1958

Agricultural Extension Service  
Home Demonstration Work  
County Agent Work

WHAT I CAN'T  
MAKE OUT  
OF THIS!



Hello, Holbrook Homemaker,

Our meeting for Wednesday, May 21, will be held in the new Community Room in the Library at First and Hopi in Holbrook. We will meet from 2:30 - 4:30 p.m. Will you bring a friend with you, perhaps a newcomer to Holbrook or a member of another group who is not acquainted with our Homemakers' Club program.

Remember our topic will be "Restyling Garments" with the emphasis on new style trends and quick and easy ways to put the whole family wardrobe into use.

I look forward to meeting you Wednesday.

Sincerely,

*Betty Hearn*

Betty Hearn  
Assistant Home Agent

BH/gg

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Mailed under stamp.



COOPERATIVE EXTENSION WORK  
IN  
AGRICULTURE AND HOME ECONOMICS

State of Arizona  
May 12, 1958  
University of Arizona  
College of Agriculture  
U. S. Department of Agriculture  
and Navajo County Cooperating  
Agricultural Extension Service  
Home Demonstration Work  
County Agent Work



Dear Holbrook Homemaker:

As you know, Wed., May 14, was to have been our meeting date. It has been decided to post-pone the meeting which will be on restyling clothing, until next Wed., May 21, for two reasons.

We hope to have a larger more convenient place in which to meet; you will be notified of the location by post card early next week.

We hope to have more homemakers in the community attend our meeting. Will you help by bringing a friend; perhaps a newcomer to Holbrook, to the meeting?

The subject of the meeting will be "Restyling Garments". We will discuss -

LATEST STYLE NEWS

Quick, easy ways to restyle clothing for both adults and children. In addition, perhaps we can plan a restyling clinic for next month's meeting to help you put your unusable items of clothing back into use.

Sincerely,

*Betty Hearn*

Betty Hearn  
Assistant Home Agent

COOPERATIVE EXTENSION WORK  
IN  
AGRICULTURE AND HOME ECONOMICS  
State of Arizona  
May 14, 1958

University of Arizona  
College of Agriculture  
U.S. Department of Agriculture  
and Navajo County Cooperating

Agricultural Extension Service  
Home Demonstration Work  
County Agent Work

Dear Homemaker:

Your Homemakers' Club President, Mrs. Ula Merrill and I talked for some time yesterday about the immediate future of your club. There seem to be many situations in your community which make club attendance a problem for you - small children who need nursery care, part-time work, family summer activities - to mention a few. Perhaps the main reason you hesitate to come to meetings is that you feel the subject matter does not meet your real needs. In view of the lack of interest shown, Mrs. Merrill and I have decided to postpone regular meetings of your group until fall.

Now, let's look more positively at the ways in which I might be of service to you in these summer months:

by visiting your home to become acquainted with you and to hear your ideas of program topics for fall meetings.

by visiting your home to help you with questions about general homemaking.

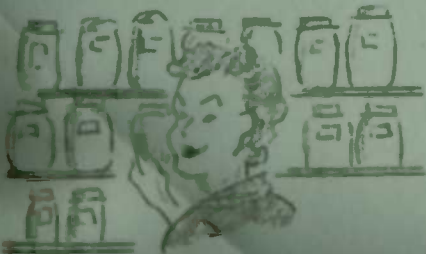
by sending you bulletins and letters to answer your homemaking questions. The bulletin I am enclosing "Home-made Jellies, Jams and Preserves", which I think you will find helpful this summer, is an example of the information made available for you through the County and Home Agent's office in Holbrook by the University of Arizona, Agricultural Extension Service.

by holding a few meetings during the summer, not necessarily once a month, on topics of special interest to you and your friends. For example, at least two "freezing clinics" are being planned for groups in the county who have requested a meeting on this topic.

The meetings on "Restyling Garments" which were to be given during April and May can be postponed to, say, September if you will need the information more at that time to help you prepare children's clothes for school. Are there other homemaking topics of community interest you feel might be presented this summer?

I am usually in the office in Holbrook on Mondays; the phone number is Holbrook 34. Your letters or cards will reach me addressed to:

Mrs. Betty Hearn  
Home Agent's Office  
Box 428  
Holbrook, Arizona



Sincerely,

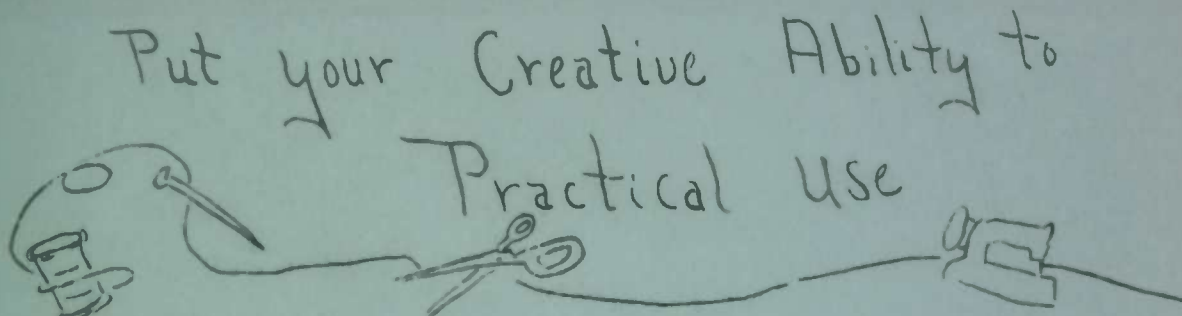
*Betty Hearn*  
Betty Hearn  
Assistant Home Agent



COOPERATIVE EXTENSION WORK  
IN  
AGRICULTURE AND HOME ECONOMICS  
State of Arizona  
May 5, 1958

University of Arizona  
College of Agriculture  
U. S. Department of Agriculture  
and Navajo County Cooperating

Agricultural Extension Service  
Home Demonstration Work  
County Agent Work



Dear Homemaker:

Many of you attended the first meeting on "Restyling Garments" presented by Miss Bettie Mead. At that meeting Bettie discussed with you the newest in style trends for spring and summer; she gave you some excellent examples of quick and easy ways to restyle garments.

Now for our follow-up meeting, Bettie suggested you select from your closet those items which are too good to discard but which present a real problem in restyling. You said you would like to bring those problems for help and suggestions from other homemakers in the group and from the Home Agent.

So, our first objective will be to solve your individual problems.

How many of your or your daughter's dresses and blouses have you had to discard because the raglan sleeve (the sleeve cut in one with the bodice) has torn out under the arm? Many times this happened because the garment needs a longer underarm seam. A gusset, which many women feel is too difficult to sew, solves this special problem. As our second objective, I would like to show you how (1) to cut a gusset to repair a torn underarm. (2) to set in a gusset quickly and easily so you will not hesitate to buy patterns with gussets which make for more comfortable fit.

I will demonstrate on a real garment. Machine and pattern will be available if you wish to make a sample for yourself (you know how we often see a "good idea" but by the time we are ready to use it, we have forgotten exactly how to do the necessary steps). You will need to bring 2 pieces of fabric each about 10" X 10" and a spool of thread.

And, of course, I shall hope to become better acquainted with you during our first meeting.

Here are the vital statistics:

WHEN: May 27, 1958 from 10:00 to 2:00  
WHERE: Show Low Relief Society Room

Mrs. Ellsworth will contact you regarding lunch arrangements.

Sincerely,

Betty Hearn  
Betty Hearn  
Assistant Home Agent

75 c.  
Mailed under stamp.

COOPERATIVE EXTENSION WORK  
IN  
AGRICULTURE AND HOME ECONOMICS

University of Arizona  
College of Agriculture  
U. S. Department of Agriculture  
and Navajo County Cooperating

Holbrook

Agricultural Extension Service  
Home Demonstration Work  
County Agent Work

Dear

May I have your help to better plan the Newsletter to serve you in your job as a homemaker. Your answers to these questions will be guides. Will you check or write in your answers and return this letter in the enclosed envelope.

Thank You,

Mrs. Betty Hearn

1. Do you read the Newsletter?(check one) all the time \_\_\_\_\_  
part of the time \_\_\_\_\_  
none of the time \_\_\_\_\_
2. If you read the Newsletter, what is most helpful to you?  
schedule of meetings \_\_\_\_\_ general information \_\_\_\_\_  
recipes \_\_\_\_\_ bulletin offers \_\_\_\_\_  
other \_\_\_\_\_
3. What would you like added to the Newsletter for your interest and information?  
\_\_\_\_\_  
\_\_\_\_\_
4. What, if any, information have you used from the Newsletter?  
\_\_\_\_\_  
\_\_\_\_\_
5. Where do you get other homemaking information?  
radio \_\_\_\_\_ magazines \_\_\_\_\_  
T V \_\_\_\_\_ church groups \_\_\_\_\_  
newspapers \_\_\_\_\_ other \_\_\_\_\_

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COOPERATIVE EXTENSION WORK  
IN  
AGRICULTURE AND HOME ECONOMICS  
State of Arizona  
Holbrook  
October 17, 1958

University of Arizona  
College of Agriculture  
U. S. Department of Agriculture  
and Navajo County Cooperating

Agricultural Extension Service  
Home Demonstration Work  
County Agent Work

With the children back in school, vacations over and a real feeling of Fall in the air, we begin to think of plans for the coming months. Your County Agent, Mr. Amos Underwood, and I are no exceptions. At this time during the year we solidify plans for our coordinated program in Home Economics and Agriculture for 1959 in Navajo County.

The Newsletter which is being planned for distribution this month will outline Home Economics subject matter to be available during the year. I hope to be able to come by to see you sometime during the next two months to discuss how your Home Economics program and my schedule may be materially beneficial.

Would it be convenient for me to visit you \_\_\_\_\_  
\_\_\_\_\_?

Will you complete the enclosed postcard to help me schedule these visits.

As a leading part of my program to keep county homemakers better informed, I will continue to send a Newsletter which will be a monthly contact with homemakers, presenting the latest news in home economics research and development; local county news, such as meeting dates, of special interest to homemakers; and suggested solutions to county-wide home economics problems. Many of the homemakers in your group may be receiving the Newsletter already; according to Federal law it is necessary for me to have each person's request to be put on a mailing list. If you wish your group to continue to receive the Newsletter, please ask them to sign the attached sheet and return the sheet to me. The new mailing list will be effective January 1, 1959.

I am hoping to be able to set up a County Advisory Committee to work in home economics which will set up county-wide, long range plans of work to better help the Extension Service serve you. The Home Economics Committee would meet periodically and perhaps three times a year to look at the county situation to determine the real needs of communities, to plan county program of work, to evaluate these programs from year to year and to serve as advisors to the Home Agents. Will you discuss the selection of one of your members to serve as an interested homemaker on this committee? Because distances are so great in our county, it is possible area-wide committee meetings would be the usual thing.

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May I take this opportunity to tell you, as President of your Relief Society, how very much I have enjoyed my work with you and your group during the past months I have been in the County. It is my sincere wish for us to continue to work together in the future toward a mutual goal of better home living.

Sincerely,



Betty Hearn  
Home Agent

BH/gg